

Hemp Protein Oatmeal

INGREDIENTS:

- ¾ cup steel cut oats (cooked according to package directions - makes about 3 cups)
- 1 Tbsp Coconut oil
- 2 scoops Humming Hemp Pure Protein Powder
- 1-3 Tbsp Raw USA Honey
- Cinammon, to taste



Prep Time	5 minutes
Cook Time	20-30 minutes
Total Time	35 minutes
Category	Breakfast
Method	Stovetop

DIRECTIONS:

- 01 | Mix oatmeal, coconut oil and water and cook according to package directions.
- 02 | Transfer oatmeal to your bowl, and add in the hemp protein powder. Mix in evenly.
- 03 | Drizzle with the Raw USA Honey & sprinkle with cinammon to taste.
- 04 | Add any desired mix-ins.

*For a little extra texture, try hemp hearts instead of the hemp protein powder



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